

Breathe Easier ...



Linda Levine
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In the past, all of the articles written have been about green, healthy products. These products were meant to enhance and

improve your skin, or repair and aid the inside of your body.

However, there is ANOTHER aspect to green living that has a TREMENDOUS effect on our bodies; where we live and the environment in which we live. Have any of you ever moved into a new home, or purchased new furniture, and all of a sudden, you start to have problems breathing? You think you have a cold, feel nauseous, your eyes and throat are irritated which is causing you to feel miserable?

I know of a woman who just moved into a beautiful new home in North Carolina, with new furniture. After living in her home for a few weeks, she is now in the hospital because she cannot breathe. Her body is aching all over and she is in pain. The doctors have put her on 24 hour oxygen. The problem isn't anything that she did. It's her house that's the problem.

When you move into a new home, all of the new materials within are leaching

formaldehyde. Formaldehyde is used in carpeting, paints, woods and other building materials to order to keep the materials insect-free. It is especially used in particle board, which is found in cabinets and other furniture.

With tight construction in homes, the amount of air circulating naturally is at a minimum. Also, for the first YEAR, formaldehyde levels are at their highest with new products. In order to alleviate these fumes, it is important to ventilate and circulate outside air. If the humidity level is high within the home, using a dehumidifier will reduce both the humidity and the formaldehyde levels. Having a few houseplants will help as well.

So, it's wonderful that you just moved into your new home or renovated your entire house. Enjoy it, but be safe. Be sure to open your windows, have a few fans blowing, and buy some new plants.

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Teaching consumers about Arbonne's wonderful products provides me with great personal satisfaction". All of Arbonne's Swiss-formulated products are made in the United States and are botanically-based, dermatology tested, vegan-approved, recyclable, and free of mineral oil, chemical fragrances or dyes. Arbonne products are all pH balanced, do not contain animal by-products and are not tested on animals. Also, Arbonne's active ingredients are approved by the FDA